The idea of the “Glasgow effect” is that people who live in Scotland have a generally lower life expectancy than anyone who lives in England, but the main focus of the evidence being used to support this argument was taken from some of the deprived areas in Glasgow. If we compare the most deprived areas of Glasgow to the two cities in England with the lowest life expectancy in all of the country (in this case Liverpool and Manchester) then the differences between the three cities in the sense of deprivation is hardly different. However, the difference in life expectancy between Glasgow and these other two cities is significantly noticeable. For example, the overall difference between Glasgow and these cities in the death rate is a significant 15% higher. Also when the areas in which are being studied in this report are compared, in the more deprived areas of Glasgow, the death rate from alcohol related causes was 2.3 times higher than in relation to the other cities. Also the deaths caused by drug poisoning was nearly 2.5 times larger. These alongside suicide tended to be the biggest killers amongst people between the ages of 15-44. Glasgow had more than 4,500 excessive deaths nearly half of which (2,090) occurred under the age of 45. The report also showed that the three cities had very similar rates for over consumption of alcohol and for smoking. However, it must be noted that the reports did not take into account the behaviour risks that could occur as a result of this and it must be said that the chances of someone causing themselves harm which may have led to their premature deaths. Therefore, it can be argued to an extent that there may be a “Glasgow effect”, as the death rate statistics show this idea, although it must be said that not all of the areas could be accounted for, and they may provide evidence which could contradict this idea.

Scottish people are a whole should not be considered healthy to a certain extent. It must be said that as a nation we are not the keenest when it comes to the idea of exercise and heathy dieting. Between 1995 and 2012 the number of people who were considered obese (between the ages of 16 to 64) has increased from 52.4% to 61.9%. It can be argued that we are trying to promote a healthier lifestyle for future generations as we have increased tax on sugary items, more awareness ads are being displayed and advertised on television, but this is only a small step on a much larger scale. 2 hours a week of core pe in schools really isn’t enough to ensure that the pupils are able to get the right amount of exercise that they require each week. Although it must be said that the idea of the active schools program is taking steps in the right direction to try and get kids to be more actively involved in exercise outside of school time. It must be argued that we as a nation are not the healthiest of consumers and should really focus on trying to sort this problem out sooner rather than later. The five A Day approach is a good start, but we need to find ways in which to encourage more people to eat healthier and to cut back on the unnecessary foods which help to contribute to the weight problem as a whole. Therefore, as a nation we are not the healthiest but we are taking steps in the right direction to fix this problem as a whole. Although it can be said that we as individuals can do more to promote a healthier lifestyle in this country and help to fight the ongoing problems, instead of waiting for a solution.